



12



superwoman

An inspirational conference and networking
opportunity for businesswomen

It's Superwoman time again so dust down your capes or put on your Superwoman sleeves like Serena Williams does and come join us for great speakers, fabulous food and wine, a catch up with contacts and raising money for good causes.

WHEN

Thursday 20 October 2016, 5:00 to 8:30pm

WHERE

Cardiff School of Management,
Cardiff Metropolitan University,
Western Avenue,
Cardiff, CF5 2YB.

Cardiff School of Management offers a wide range of programmes for undergraduates and postgraduates including executive programmes and is kindly sponsoring the hire of the rooms at the School of Management.

Cardiff Met's catering students will also be working with **Emma Jenkins** of **E J Catering** and **Amanda Kynaston** of **Bay Tree Wine** to provide our refreshments for the evening.

COST

£35 – net proceeds of the event will be donated to our two charities, **David Nott Foundation**, set up by Welsh born surgeon David Nott which provides medical professionals with the skills to provide relief and assistance in conflict and natural disaster zones around the world and **Cancer Research Wales**; funding clinical and laboratory based cancer research in universities and hospitals across Wales.



THE *David Nott*
FOUNDATION

5:00-6:00pm

AFTERNOON TEA AND REGISTRATION

Network over a cup of tea and a slice of cake. Buy a raffle ticket (donations of prizes gratefully received). An opportunity to stock up early on Christmas presents – cookbook *Tamaid o'r Ser* in aid of charity CDH-UK, Bethan's new novel *Thicker than Water*, order your Christmas wine (or just the wine to get you through half term!) from Baytree Wine and buy Superwoman tea towels of course.

6:00pm

LIZ MAHER, PRESIDENT OF THE SOUTH & MID WALES CHAMBERS OF COMMERCE

Liz is a director of Newport based Centurion VAT Specialists formed in 1998 and was appointed President of the South and Mid Wales Chambers of Commerce in 2016. She is also president and chair of the organisation's new Cardiff Capital City Region Council.

Married and a mother to two teenage boys, Liz will talk about her experience working in a SME and her passion for VAT, how she combines her new role with her day job and her family life and the challenges she thinks Welsh businesses face, particularly post Brexit. [@VATbat](#)

6.15pm

DENISE LOVERING, COMMERCIAL DIRECTOR OF GLENSIDE COMMERCIALS AND CHAIR CAERPHILLY BUSINESS FORUM

Denise has been a Superwoman since our first event in 2004 and is a force to reckon with. Having worked in the male dominated industry of transport for over 20 years she knows how to make herself heard. She campaigned tirelessly against the Severn Bridge tolls and their impact on the freight industry and has found herself a spokesperson for the campaign, speaking on radio and television and at meetings with government, both in Westminster and Cardiff.

Denise has two grown up sons and a grown up stepson. She is a proud grandmother and is currently trying (unsuccessfully) to step back from Glenside to spend more time with her grandchildren and with her husband John who has already been retired for some years. Denise will talk about starting out in business at a time when fewer women worked outside the home, the lessons a (slightly) older woman in today's business world can pass on to the Superwomen and how she is navigating the prospect of semi-retirement and relishing the new challenges ahead. [@deniselovering](#)

6:30pm

GARETH JONES

Gareth's partner Ruth Salisbury tragically died in June 2015. She was 32 weeks pregnant with their son Rhodri, who also died. The couple had been aware from their 20-week scan that Rhodri suffered from congenital diaphragmatic hernia or CDH. Babies born with the condition have only a 50% chance of survival and those that do suffer complications from the condition. They received a lot of support from the charity CDH-UK

Following Ruth's death Gareth has fund-raised tirelessly for CDH-UK in memory of Ruth and Rhodri raising thousands of pounds. In April 2016 he published a cook book called *Tamaid o'r Ser* which includes recipes in English and Welsh, both traditional recipes and recipes donated by celebrities such as Rhod Gilbert and Aled Jones.

We'll be selling the cookbook at Superwoman 12 and Gareth will talk to us about how the book came about, his fund raising journey and coming to terms with his new life.

[@cdhser @CDHUK_Charity](#)

6:45pm

LYNDA CAMPBELL, CULTURE ANGEL

Lynda worked for British Gas for over thirty years, starting from the bottom and working her way up to becoming General Manager and Regional Director in Wales in 2007. She was the mind behind the radical transformation of the British Gas Customer Service Centre – an impressive makeover that changed the face of the 1,500 strong Service Centre in terms of both customer satisfaction and employee engagement, with staff attrition decreasing from 52% to 4% and customer positive feedback up by 400%. Under Lynda's leadership, the British Gas Customer Centre won over 28 industry awards, including European Call Centre of the Year twice and No.2 in the World Awards in Las Vegas.

In July 2016 Lynda decided to move on to a new challenge and established Culture Angel. At the heart of any good business is the culture of the organisation and Lynda's business helps service organisations transform their culture and build and execute customer service strategies to deliver high performing service through highly engaged and motivated teams.

Lynda will talk about how she transformed the business in Wales and moved from the bottom of the organisation to running the Wales branch and how Wales is at the centre of the service culture.

7:00pm

BETH FISHER, LGB&T SPORT CYMRU AMBASSADOR AND SWANSEA SPARTANS PLAYER

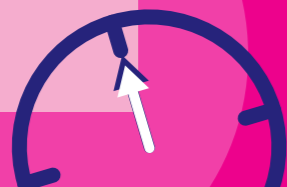
Beth works as a business development manager for Sigvaris, a global leader in compression hosiery. She is an international hockey player for Wales and in addition to her role as LGB&T ambassador for Sport Cymru she is on the board of Welsh Cycling. She says of herself "I'm a woman, I'm Welsh, I'm a sportswoman and I'm gay." She wants to increase the visibility of LGBT role models and use sport as a vehicle for that message. She will talk to us about the role sport can play in achieving less sexism in sport, how angry sexist media coverage of the Olympics made her, and how sport can increase mental toughness, team building and goal achievement. [@bethfisher04](#)

7:30-8:30pm DRINKS AND CANAPÉS

If you would like to book a place on Superwoman 12 please complete and return the booking form attached. Payment can be made by cheque sent to: **Superwoman, c/o Thompson Darwin, 26 Neptune Court, Vanguard Way, Cardiff, CF24 5PJ**

or directly into our bank account: **Superwoman Lloyds Bank, Sort Code 30 67 64 Account Number 16490960**

From past experience we expect demand to be high and we recommend booking quickly. Places are not guaranteed until payment is received.



Superwoman is supported by



We would like to give a big shout out to creative brand agency **Elevator**, who for the 12th year running have supported Superwoman's charities by designing this flyer for free.



Special thanks to;



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



BOOKING FORM

SUPERWOMAN 12 – 20 OCTOBER 2016

Name			
Job Title			
Organisation			
Email address			
I would like to book	places at the Superwoman seminar		
Details of those attending	Name	Company	Email address